

# **Hydrobiking**

## **Description:**

While staying dry you can ride a bike on the blue waters of Alamitos Bay and enjoy the beautiful scenery and gorgeous California weather. Hydrobikes are incredibly stable and is a new and fun activity right in the heart of Long Beach.

## **Expected Group Outcomes:**

- Build self-confidence
- Increase self-esteem
- Explore a new leisure activity
- Increase balance and trunk control, strength and endurance
- Increase overall quality of life

## **Participant Criteria:**

- Must be a Rancho Wellness member
- Must be able to provide their own transportation to the location
- Participants must be able to utilize bilateral lower extremities to pedal
- 3 spots available to accommodate riders sitting on center platform
- Must be able to transfer independently or with supervision
- Reservations must be made in advance

## **Group size:**

6-10 participants

## **Cost Per Participant:**

- \$20-1 hour \$15 each additional hour

## **Activity Waivers/Paperwork required (if applicable):**

- Wellness Program Waiver
- Rancho Waiver of Liability
- Hydrobiking liability waivers required and are provided on website or at facility

## **Frequency per Month:**

Occurring 1-2 times per month, during warmer months

## **Contact Info:**

### **Long Beach Hydobikes**

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# Hydrobiking Pictures

